



NMCPHC UPDATE

Volume 9 Issue 2

From the Front Office

By Capt. Todd Wagner, Commander, NMCPHC

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Well, "spring has sprung" and we're in full bloom both in the environment and with many new, important and continuing projects here at NMCPHC.

One of the bigger accomplishments of late included hosting and executing a very successful 2019 Navy and Marine Corps Public Health Conference. Attended by over 500 public health professionals from around the globe, it was truly inspiring to see the professional presentations, mentorship and collaboration in what we are planning, will be an annual event. This conference continues to be incredibly important to the growth in cooperation of our complex Navy and Marine Corps public health mission. It was, again, great to see old friends and colleagues and to meet new members of our public health community for the first time. We were also honored to have our Navy Deputy Surgeon General, RADM Moulton and VADM Bono, Defense Health Agency (DHA) director, as our outstanding plenary address speakers. The conference planning and execution committee did an incredible job and planning is already underway for the 2020 conference.



Another huge undertaking is our support to Commander, Naval Installation Command, and Marine Corps Installations on the subject and review of privatized and government housing environmental health issues. NMCPHC is in a very pivotal supporting role in this extremely important and high visibility nationwide issue. These are just a couple of the items that NMCPHC and its wealth of experience and expertise are involved with.

Lastly, I would be remiss if I didn't take a minute to reflect on the completion of my three years in command here at NMCPHC and to thank each and every one of the staff here at headquarters and in our field activities. I believe we have accomplished a great deal to make our fighting force and their families safer, healthier and on mission... yes, that is readiness folks. All of you are truly the force and energy needed to meet that mission head on. I could not be more proud of the work we have done or the immense professionalism on display by members of this team daily, worldwide. Though I am retiring from military service at the end of the year, my family and I plan to stay in the Tidewater area so I look forward to being able to stay in touch and run into folks on a frequent basis. Put simply, neither I nor the nation can thank you enough for what you do each and every day.

Command Master Chief's Corner

By Master Chief Petty Officer (MCPO) Marsha Burmeister, NMCPHC



As we transition from spring to summer, may we embrace the fact that the only thing that remains as a constant is that change will always be a status quo. Change is always present, whether in our personal or professional lives, it is up to each individual to embrace the change and move forward. Find ways to continue to improve oneself, relationships and job situations. Always look for ways to improve processes and implement measures to ensure improvements do not fall to the wayside. It takes diligence, constant engagement and follow-up to ensure one does not backslide to the “old-way” of doing business just because it is familiar. Allow change to reignite the way we conduct ourselves and make things better than before.

Have you ever considered writing the advancement exam for our Hospital Corps? If you are a hospital corpsman chief petty officer or above, you are eligible to participate. The Hospital Corpsman Advancement Exam Readiness Review (HM AERR) will take place July 14-27, 2019 at the Naval Education

and Training Professional Development Center (NETPDC) in Pensacola, Florida. Seeking applicants to include preventive medicine, dental, medical laboratory and pharmacy technicians for a total of six HM representatives and two alternates. If you are interested, contact HMCS Leonor Jean-Gilles at leonor.m.jeangilles.mil@mail.mil.

The My Navy Portal Advancement has launched. This dashboard is responsible for transforming advancement and promotion for enlisted Sailors. It also enables the Navy's mission of maintaining, training and equipping (MTE) a combat-ready naval force. For more information visit <https://www.mnp.navy.mil/group/advancement-and-promotion>.

Chiefs, save the date! The annual Navy Medicine Heritage Run for newly selected chief petty officers is set for August 24, 2019 at Joint Base Fort Myer, Henderson Hall, Virginia. Chief Hospital Corpsman (HMC) Keith Wells is the point of contact, keith.t.wells4.mil@mail.mil, (703) 681-8946.

New Senior Enlisted Leaders onboard or forth-coming to our NEPMU's:

- Senior Chief Hospital Corpsman (HMCS) Shannon Bia – NEPMU-5 (January 2020)
- HMCS Maurice Cornish – NEPMU-6 (July 2019)
- HMCS Akira Radke – NEPMU-7 (onboard)
- HMCS Joe Nayock – NECE (September 2019)

LEADING BY EXAMPLE

Hospital Corpsman First Class (HM1) Karla Quintero (NEPMU-5), Bureau of Medicine and Surgery Sailor of the Year (SOY). She was one of five Sailors to participate in the final board out of 24 total applicants. She represented the Navy and Marine Corps Public Health Center along with Navy Medicine with dignity and honor.

Congratulations to HM1 Scott Robinette (NECE) on his meritorious advancement to petty officer 1st class via the Meritorious Advancement Program (MAP). Hospital Corpsman Second Class (HM2) English (NEPMU-2), HM2 Lagunero (NEPMU-5), and HM2 Irwin (NEPMU-6) were also nominated for this outstanding program and are also certainly to be commended.

Our Sailors recognition could not happen without the support of their chain of commands, thanks so much for ensuring our Sailors hard work and dedication is recognized.



Updated/implemented/refresher on policies and NAVADMIN's include:

- NAVADMIN 008/19 MYNAVY Portal MYRECORD Mobile (Beta) App Launch
- NAVADMIN 019/19 Summary of Retention Performance and FY-19 Retention Benchmarks and Retention Excellence Award Criteria
- NAVADMIN 020/19 Post 9-11 GI Bill Exception to Policy
- NAVADMIN 031/19 2019 Meritorious Advancement Program
- NAVADMIN 039/19 Return to Flying the Union Jack
- NAVADMIN 059/19 MYNAVY Portal Advancement Dashboard Launch
- NAVADMIN 079/19 Housing Survey Participation
- NAVADMIN 102/19 Changes to Expedited Transfer and Safety Transfer Policies
- NAVADMIN 103/19 Military Spouses Appreciation Day 2019
- NAVADMIN 104/19 FY-20 Seaman to Admiral-21 Program Announcement
- NAVADMIN 108/19 Universal Training Precautions to Reduce the Risk of Exercise-Related Collapse and Death
- ALNAV 038/19 2019 SECNAV Summer Safety Message

It is a busy time of transition and stress levels can be elevated. Ensure you look out for one another and engage when needed. Help keep our public health family safe. I look forward to seeing you as we continue our site visits and upon NMCPHC Change of Command June 21, 2019.



WE'RE ON INSTAGRAM!
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NMCPHC Industrial Hygiene Conducts Health Hazard Assessment on Innovative Weaponry

By: NMCPHC Public Affairs

The NMCPHC industrial hygiene department (IH) provides comprehensive support to Navy and Marine Corps activities and acquisition programs, including performing health hazard assessments (HHA) and toxicological assessments for new or existing products and programs, as well as procedures and processes.

The HHA evaluates the hazards and risks, recommends process changes, and lists operation-specific personal protective equipment and controls.

When Naval Surface Warfare Center Crane Division (NSWC Crane) was tasked to coordinate, manage and conduct qualification testing for a new weapon system, they asked the NMCPHC IH department, Acquisition Technical Support Division, to provide an HHA on the new M72 family of munitions. To complete the HHA report, IH has reviewed test plans and observed testing of these weapons to identify health hazards.

The M72 Light Anti-Armor Weapon is a shoulder-launched weapon that has been around since the Vietnam War, and was designed to be lightweight, portable and capable of defeating armor plating. During urban operations in the Middle East, Marines were having to expose themselves to enemy fire to shoot the M72 because the weapon could not be shot from inside a structure or behind cover. Due to the use of a solid rocket motor propulsion system, if the weapon is fired from within a confined space, it can pose serious dangers to the operator and those around from blast overpressure and noise exposure. This caused the U.S. Marine Corps to issue a fire-from-enclosure (FFE) requirement, meaning the lightweight shoulder-launched weapon should have the capability to be safely fired from an enclosed space such as a room or bunker.

In response to this requirement, NSWC Crane and Nammo Talley Inc. developed the M72E8 Light Anti-Armor Weapon FFE and the M72E10 Light Assault Weapon FFE Anti-Structure Munition (ASM), single shot, man-portable, lightweight, shoulder-launched weapon systems that can be fired from inside an enclosure. These new systems include a chamber of

non-combustible, environmentally friendly liquid at the backend of the rocket that mitigates the effects of a blast. "The M72 Light Assault Weapon System has been around for over 50 years," said Chad Parkhill, president of Nammo Talley's U.S. division. "We challenged our engineers to come up with an improvement to make our system safer and simpler for the warfighter." The new system also reduces noise levels and night signatures to make it difficult for the enemy to know where the launch is coming from, according to Parkhill.

With the new systems in place for the M72 family of munitions, the NMCPHC IH department is interpreting the test data for compliance to military design health standards in the HHA. The HHA will provide an evaluation of the hazards associated with the weapons use and a list of operation-specific personal protective equipment and controls needed to ensure personnel safety. Hearing loss due to impulse noise and neurological damage due to blast overpressure from use of the weapons are some of the current concerns when it comes to the health and well-being of the Marines. Once the industrial hygiene team has completed their assessment, the HHA will be submitted to the Weapon System Explosives Safety Review Board as part of the Defense Acquisition Process.

For more information on industrial hygiene and the HHA program, visit: <https://www.med.navy.mil/sites/nmcpHC/industrial-hygiene/Pages/health-hazard-assessment.aspx>.

STEM Volunteers Step Out Into the Community

By: NMCPHC Public Affairs

Since the beginning of the 2018-2019 school year, NMCPHC staff have been giving back to the community through Science, Technology, Engineering and Mathematics (STEM) volunteer programs.

Once a month NMCPHC volunteers assist 10-15 homeschool students from the Norfolk Naval Shipyard (NNSY) Military Homeschool Support Group, which includes students from military families in the Hampton Roads area that meet at the youth center located in NNSY's military housing complex to learn about STEM related topics in a group setting.

On March 9, volunteers from NMCPHC and NEPMU-2 partnered to set up four tables of demonstrations for approximately 1,200 students and their parents. The STEM expo was held at Woodrow Wilson High School and brought students of all ages from the Portsmouth Public School district. The demonstrations included water filtration, insect and tick borne illnesses, sugar content of common snack foods, epidemiology and probability, and industrial hygiene equipment demonstrations, along with general information about the command.

Fourteen staff members from NMCPHC and NEPMU-2 volunteered for the STEM expo along with Master Chief Petty Officer Marsha Burmeister, command master chief, NMCPHC and STEM coordinator, Jena Brunson, industrial hygienist, NMCPHC. "A lot of the attendees, including service members, were not familiar with NMCPHC. This event gave the command great exposure to the community and even the opportunity to network with other organizations participating in the event," said Brunson. The NMCPHC booth focused on providing hands-on activities relating to various public health topics. This created an interactive environment that gave kids the opportunity to learn about various medical careers outside of becoming a doctor.

NMCPHC staff assisted the NNSY Homeschool Group with exploring tangrams and how they relate to input and outputs to create algorithms, following standard operating procedure styled directions to operate the EV3 robot, and exploring different parts of flowers using microscopes at the April 4 NNSY STEM Day. Capt. Todd Wagner, commander, NMCPHC, attended



The NMCPHC STEM committee participated in the NNSY Homeschool Support Group Science Fair on May 2 as guest judges and presented awards to the participants. As part of the command's STEM initiatives and community outreach programs, military and government command personnel volunteer their time to participate in programs such as the NNSY Homeschool Support Group providing STEM related lessons and activities. (U.S. Navy photo by Danielle Lewis).

the event, "I want to thank all those that came out and supported the STEM event. I was out there myself and it was a great turnout supporting the Norfolk Naval Shipyard Homeschool Program and providing STEM related activities for them," said Wagner.

NMCPHC staff again showed up for the local community on April 5 for Kindergarten Career Day at North Landing Elementary School. HM1 Mari Williams presented the "Sugar Game: common snacks children consume", "Health Eating Choices: try this instead of that", "Shake the Boring Out: stretches and movements teachers can do with their class to refocus attention" and "Get the Bugs Off: introducing proper handwashing techniques". The kindergarteners were very entertained by the presentations and the teachers loved the games so much they plan to incorporate them in their future lessons.

Norfolk Highlands Primary School held a Career

Day on April 26 which NMCPHC and NEPMU-2 again partnered to present to the students. The presentation reflected the various jobs that staff members carry out daily to support mission essential tasks. The students were entertained by preventive medicine technicians (PMTs) from NEPMU-2, HM2 Miller and HM2 Hicks who discussed proper handwashing techniques and showcased their unique bug display. Lucie, the pet tarantula, was a hit with the kids that day. HM1 Abakpa and HMC Shields discussed the importance of proper nutrition through the "Sugar Game" using various common sugary treats and sodas as visuals. The "Sugar Game" was also a highlight for the kids and most likely prevented a few cavities.

At the most recent volunteer event May 2, NMCPHC personnel were judges of the NNSY Homeschool Group Science Fair. This event was unfortunately the same day as the widespread power outage in Portsmouth, causing presentation participation to be low, but the presentations were still outstanding. One student discussed vaccinations and their importance while another student demonstrated the effects temperature has on the height a ball will bounce.

NMCPHC will be supporting the NNSY Military Homeschool Support Group again in the 2019-2020 school year. Stay tuned for more of the great work NMCPHC staff is doing supporting local STEM programs.

Facilitating Collaboration and Networking Across DoD Public Health

By: NMCPHC Public Affairs

Over the course of three days at the end of March, the Navy and Marine Corps Public Health Center (NMCPHC) hosted their annual Navy and Marine Corps Public Health (NMCPH) Conference in Hampton, Va.

This year's conference theme was "The Future of Naval Force Health Protection in a Changing Landscape". More than 500 conference attendees from across the globe took part in discussions, presentations and poster sessions surrounding the theme and NMCPHC's mission of providing leadership and expertise to ensure mission readiness through disease prevention and health promotion in support of the National Military Strategy.

The annual conference continues to serve as a platform to encourage collaboration and communication on military-specific public health issues, as well as offer professional development and training. Throughout the course of the conference, active duty military and civilian specialists took part in knowledge-sharing discussions, demonstrations, as well as training and educational sessions focused around Navy public health topics within the areas of



Vice Adm. Raquel Bono, director, Defense Health Agency, provided insight on the future of public health at the Navy and Marine Corps Public Health Conference, "The Future of Naval Force Health Protection in a Changing Landscape," hosted by the Navy and Marine Corps Public Health Center (NMCPHC) in Hampton, Virginia, March 26-28, 2019. (U.S. Navy photo by Danielle Lewis).

occupational health, industrial hygiene, preventive medicine, health promotion, risk communications and operational medicine.

“This is a great opportunity to use your skills and natural inclinations and evaluate the environment to see where the puck is going.”

In addition to public health professionals from across the DoD, Hampton, Va. mayor Donnie Tuck was in attendance to welcome the conference to the city. Rear Adm. Terry Moulton, deputy surgeon general and deputy chief, Bureau of Medicine and Surgery, also attended most notably to kick off the conference during the opening ceremony and to present the annual NMCPH Conference awards. Vice Adm. Raquel Bono, director, Defense Health Agency, also gave an inspirational address during the plenary session on the second day of the conference.

“[As public health professionals], you skate to where the puck is. You are part of the community that helps us identify where we should focus our attention next. In order to know where to skate next, you need to have situational awareness of all the things that

are asked of you. This is a great opportunity to use your skills and natural inclinations and evaluate the environment to see where the puck is going.”

With a jam packed schedule, the conference offered sessions such as a Comprehensive Industrial Hygiene exam preparation course, a Periodic Health Assessment (PHA) hands-on demonstration, Defense Occupational and Environmental Health Readiness System working group meetings, health promotion and wellness trainings, an American Board of Health Physics refresher session as well as the inaugural Military Health System (MHS) Antibiotic Stewardship Program (ASP) development workshop, just to name a few.

The inaugural MHS ASP development workshop took place on the second day of the conference organized by NMCPHC EpiData Center (EDC). This workshop was designed to educate attendees on the DoD requirements and resources as they develop and implement ASPs at military treatment facilities. The Hospital Associated Infections and Patient Safety division of the EDC spearheaded the workshop, with tremendous support from the Application Development and Data Systems Support division. Workshop presenters included subject matter experts from the Defense Health Agency ASP working group, EDC, Army Pharmacovigilance Center, Army Multidrug Resistant Surveillance Network and champions from successful MTF-level ASPs. Colonels from the Army and Air Force presented to the group and an Army pharmacist called in from Afghanistan to share her experiences.

NMCPHC plans to continue offering the annual conference, bringing it back to Hampton, Virginia in 2020. Stay tuned on the conference website for details as planning is already underway: https://www.med.navy.mil/sites/nmcphc/Pages/NMCPHC_conference.aspx.

Assessing the Burden of Chlamydia and Gonorrhea for Deployed and Active Duty Personnel Assigned Outside the USA

By: Kristen Rossi, Epidemiologist and Gosia Nowak, EDC Department Head, NMCPHC

In Case You Missed It

Sexually transmitted infections (STIs) have posed a threat to military service members throughout history, but limited evidence describes current sexually transmitted infection burden for personnel in-theater and stationed abroad. This study assessed chlamydia and gonorrhea rates by unit of country assignment and evaluated the demographic profile of affected personnel during deployment. Chlamydia and gonorrhea cases among active duty personnel were identified from laboratory results and ambulatory encounter records in the Military Health System from fiscal years October 2006 through September 2015; these were linked to personnel and deployment records to ascertain demographic characteristics, unit of country assignment, and if the case was captured during a period of deployment. Case rates were higher for chlamydia (1,321.7 per 100,000) than gonorrhea (222.7 per 100,000). Approximately 2% of both chlamydia and gonorrhea cases were identified during deployment, with significant differences by service, sex, and age. Elevated rates were identified in several countries of unit assignment outside the USA, warranting further assessment to better understand implications of screening programs or increased morbidity. Pertinent limitations for this study potentially underestimate STI cases during deployment, due to incomplete capture of records from shipboard and in-theater facilities.

Read more at https://academic.oup.com/milmed/article/184/Supplement_1/21/5418646.

Bringing Data to the Flight Line: Physiologic Events in Aviation

By: NMCPHC Public Affairs

In Case You Missed It

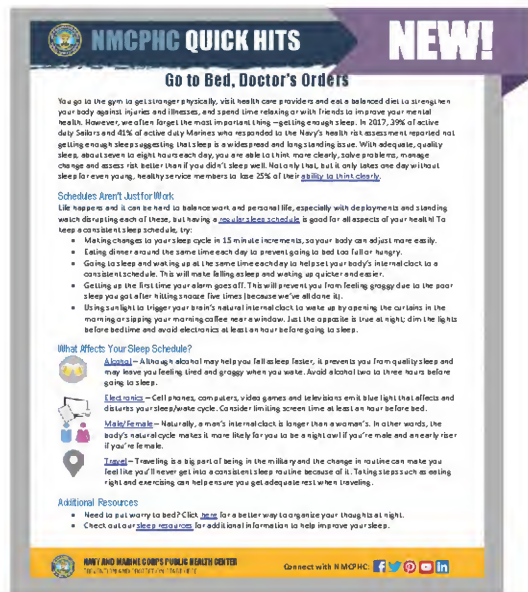
The effects of sleep on overall health and wellness, the importance of the Antibiotic Stewardship Programs in the Military Health System and the global health engagement of Southern Partnership Station 2018 were just a few of the topics covered on day two of the 2019 Navy and Marine Corps Public Health (NMCPH) Conference, being held in Hampton, Va. March 26-28. One presentation in particular highlighted an ongoing collaboration between the Navy Bureau of Medicine and Surgery (BUMED) and the Navy and Marine Corps Public Health Center (NMCPHC), health analysis (HA) and epidata center (EDC) departments, which started in January 2018.

Cmdr. Roy Hoffman, BUMED M95 branch head, aerospace medicine programs and Jessica Newton, lead epidemiologist, NMCPHC HA, presented "Bringing Data to the Flight Line, Part One: History and Overview of Naval Aviation's #1 Safety Issue, Physiologic Events". The second of these presentations was held by Amanda Price, epidemiologist, EDC, NMCPHC, and Christina Shibley and Sarah DeShields, epidemiologists, HA, NMCPHC, titled "Bringing Data to the Flight Line, Part Two: The Population Health Approach to Exploring Physiologic Events".

Read more at <https://www.dvidshub.net/news/316064/bringing-data-flight-line-physiologic-events-aviation>.

NMCPHC Product Spotlight

Quick Hit: Go to Bed, Doctor's Orders



June HPW Newsletter



NMCPHC Trainings and Conferences

DOEHRS-IH Training

June 10 - 14, 2019: Naval Hospital Bremerton Health and Education Center, WA.

July 15 - 19, 2019: Naval Hospital Camp Pendleton BLDG 135 Training Center, San Diego, CA.

July 29 - August 2, 2019: Naval Dental Clinic Norfolk, VA.

Disease Reporting System internet (DRSi) Webinars

May 28, 2019: Prevention Services for the STI Patient

June 25, 2019: Outbreak Control

Health Promotion Advanced Training

June 11, 2019: Camp Pendleton, CA.

August 20, 2019: NEPMU-2 Norfolk, VA.

Occupational and Environmental Medicine (OEM) Fundamentals Course

June 24 - 28, 2019: Naval Medical Center Portsmouth, VA.

ShipShape Program Facilitator Training

August 22, 2019: NEPMU-2 Norfolk, VA.

Spirometry Training Course

June 26 - 28, 2019: Basic Course, San Diego, CA.

June 25, 2019: Refresher Course, San Diego, CA.

Tobacco Cessation Facilitator Training

June 12, 2019: Camp Pendleton, CA.

August 21, 2019: NEPMU-2 Norfolk, VA.